



**Long Island Sound Invitational
April 4-5, 2026**

SAILING INSTRUCTIONS

1. Rules

The regatta will be governed by the Racing Rules of Sailing (RRS) 2025-2028, the prescriptions of US SAILING, the current Procedural Rules for Intercollegiate Sailing Competition (PR) (except as any of these are modified by these Sailing Instructions), and these Sailing Instructions.

2. Notices to Competitors

Notices to competitors will be posted on the Official Notice Board in TechScore.

3. Changes to Sailing Instructions

Any change to the Sailing Instructions will be announced orally and, when possible, posted before the first race in which they are to take effect on TechScore.

4. Boats and Equipment

4.1. Boats will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way.

4.2. The standing rigging shall not be adjusted.

4.3. Sail bags must be tied to the dock cradles.

4.4. 420E mainsheets may be rigged with a 3:1 or 4:1 purchase.

4.5. Competitors shall report any damage or loss of equipment, however slight, to the Race Committee Finish Boat on the water. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.

4.6. Breakdowns will be decided using PR 20. Breakdown points will not be awarded for the failure of knots, the loss of pins, rings or telltales, except that the Jury may grant redress for the failure of the main halyard masthead knot.

5. Format

5.1. The regatta format will be a max of 10 races.

5.2. The Fleet will sail in 420Es.

6. Rotation

6.1. Rotations will occur at the 420 docks inside the basin where launching occurred. Rotations will be in accordance with the online rotation on TechScore.

7. Schedule of Events

Saturday, September 27 th	1030	Report Time
	1045	Coaches Meeting
	1115	First Warning Signal
Sunday, September 28 th	1030	First Warning Signal
	1500	No Start After

8. Racing Area

The racing area is the East River, west of the Throggs Neck Bridge or the Cove just under the .

9. Courses/Marks

- 9.1. Courses will be taken from the course diagrams on the official notice board on Techscore. Windward leeward courses may include an offset.
- 9.2. The course to be sailed will announced orally from the start boat.
- 9.3. Marks will be orange or red inflatable buoys.

10. Start/Finish

- 10.1. Start/Finish lines will be between a staff displaying a start flag on the Race Committee signal boat and a red or orange mark. If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.
- 10.2. ICSA PR 18 (b), 3-minutes starting signal will be used.

11. Recalls

- 11.1. Individual recalls will be signaled in accordance with ICSA Procedural Rule 18(b)(ii). The Race Committee will attempt to hail the boat(s)/sail number(s) orally; however it is the responsibility of each boat to make a proper start. Failure to hear a hail is insufficient cause for redress.
- 11.2. Multiple whistles/horns and the hail of “general recall” will signal a general recall. Race Code Flag first “First Substitute” may be used.
- 11.3. Following a General Recall, PCR 18(b)(iii) shall also be in effect.

12. Changes to the Course

- 12.1. The Race Committee may change the position of any mark, provided that no boat has started that leg of the course. There will be no visual or sound signal for such a change.

13. Protests

- 13.1. Protest forms are available on a table in the East Bay.
- 13.2. Protests shall be filed within 30 minutes of reaching ashore after the race in which the incident occurred. This changes ICSA PR 30.
- 13.3. Protests may be heard during interruptions in racing or at the end of the race day as determined by the judges.

14. Safety

- 14.1. A boat that retires from a race shall notify the Race Committee as soon as possible.
- 14.2. All coaches, competitors, and alternates must wear USCG approved PFD's when afloat.
- 14.3. A boat requesting assistance from support boats should signal by waving hands overhead.
- 14.4. A capsized boat may be righted and sailed by its crew, unless, in the sole judgment of the Race Committee, safety or the progress of the regatta would be affected, in which case the crew shall accept assistance.

15. Coaching

- 3.1. Coaching will be from land or if a boat is available, all coaches can be afloat on a coach boat.